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GUINNESS

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Alberta man on death row awaits state law change

LEGISLATION The only Canadian man on death row in the United States — a former Albertan resident from Red Deer — could be escaping the lethal injection due to a possible change in legislation for Montana.

Ronald Smith, convicted of murdering two young cousins 27 years ago, has been serving his sentence in Montana state prison and has been fighting his death sentence.

State senate approved a bill that would abolish capital punishment with a 27-23 vote, but it still needs to be passed by state legislature and be OK'd by Montana's governor.

METRO CALGARY

Celebrity Buzz pg 11



Rihanna thanks fans

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Workology

• Got money on your mind? We introduce you to a financial therapist, pg 8

Comments

• Anne Hines provides Metro readers with an 'Are you ready for the recession?' questionnaire, pg 4

This week

• Health: How to grocery shop on a tighter budget

• Auto: Some of the top-value cars in market

Best actress

Winslet win



Britain's Kate Winslet holds her Oscar for best actress for her role in *The Reader* during the 81st Academy Awards last night in Hollywood, Calif. More coverage, pgs 9, 10.

Businesses hopeful of LRT plans

JENNIFER HILLIKER
for Metro Calgary

If an area business owner has his way, the LRT platforms along 7th Avenue will be bright, welcoming and busy if city council approves completion of existing re-furbishment plans.

Oscar Lapid, manager of Quincy's Restaurant, said the area should be more of a public attraction where people want to go.

"They should add more lighting and make it more touristy. People are scared to walk down 7th Avenue," he said.

If council approves plans to continue the LRT platform and surrounding sidewalk refurbishment today, local stores and restaurants think the area will be a lot more appealing.

The station in front of Quincy's has been shut down for construction. Lapid says business has gone down by 60 per cent as a result and can't wait until the work is done.

The 7th Avenue LRT stretch is one of the busiest pedestrian streets in Calgary, according to city documents, but Calgarians don't like to stay there.

"It's important that we make it a safe and comfortable place to be," said area

"The pedestrian realm should be the best it can be ... to improve business. It's long overdue."

Ald. Druh Farrell

Ald. Druh Farrell.

"The pedestrian realm should be the best it can be in order to improve business. It's long overdue."

The 1st Street platform has already been completed and six more stations are slotted for renovation, while some are mid-construction. Each station will contain a public art component integrated into a glass canopy or located in the space surrounding the canopies. There will also be upgrades to street furnishings, modified bus bays, sidewalk improvements, and tree planting.

Ron Collins with Calgary Transit expects the renovations will encourage more people to use the LRT and increase business in the area. He said within about five years, four-car trains will also be integrated into the system.

The budget for each station is \$89,000.

ShareYourViews

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Violent Crime Suppression Team makes arrests

KRISTA SYLVESTER
krista.sylvester@metronews.ca

The second Violent Crime Suppression Team barely got its feet wet on the new beat before making a significant arrest Saturday, said Calgary police.

While on foot patrol,

team members approached a vehicle stopped along 17 Avenue SW and 2nd Street while patrolling 17th Avenue bars Saturday night and smelled burnt marijuana coming from the windows, according to duty Insp. Keith Pollock.

"They recognized the ve-

hicle and its occupants as being known to be involved in the drug trade," he added. "It was the second team out patrolling the area."

The team arrested three of the vehicle occupants after they allegedly found cocaine, scales, cash and a loaded handgun.

Pollock said the arrests were a positive first weekend for the officers, getting a handgun off the street.

It was the first weekend for the added members of the Violent Crime Suppression Team, which was just announced by the police service on Thursday.

Edmond Cole, 19, Frederick Harrison, 23, and Okpoti Koney, 21, all from Calgary, are charged with numerous offences including possession of cocaine for the purpose of trafficking and possession of a restricted weapon with ammunition.

They remain in custody.

A Calgary chef has taken home the gold medal at the Canadian Culinary Championships, held at the Fairmont Banff Springs hotel this weekend. Hayato Okamitsu, chef at Catch on Stephen Avenue Mall, was crowned champion Saturday evening at the grand finale. **METRO CALGARY**

Local



Get ready for Bluesfest

Some of the hottest blues and jazz performers will be in Calgary this week to take on the winter blues at the second annual Calgary Midwinter Bluesfest. The event features highly acclaimed jazz artists, two Midwinter Dance Parties, a Twilight Blues Concert, a vocal camp, and both family-friendly and adult-only events. For tickets and more information visit www.calgarybluesfest.com.

METRO CALGARY



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Yuk Yuk's opens in new spot Thursday

COMEDY After closing its doors at the Blackfoot Casino about a year ago, Yuk Yuk's reopens Thursday at a new venue.

Ownership has changed hands to former oil patch entrepreneurs Hal Metcalfe and Jim Weston, who spent \$300,000 building the new comedy club at the Elbow River Casino.

METRO CALGARY

metronews.ca

WHAT'S ONLINE TODAY

Video Bill Clinton talks to CNN's Larry King about the stimulus bill, Palestine and BlackBerrys at metronews.ca/world

Video Bathurst, N.B., basketball team takes provincial title a year after tragic van crash at metronews.ca/canada



Lotteries

Friday, Feb. 20

Lotto Super 7: 12, 15, 18, 31, 33, 40 & 42. Bonus 1.

Saturday, Feb. 21

Lotto 6/49: 11, 20, 33, 34, 37 & 39. Bonus 22.

These results are not official.

Race City clouds auto show

Uncertain future of racetrack may impact future of event

ALICIA FOX
for Metro Calgary

While thousands cruised around and enjoyed the hot rides at the 43rd annual Auto Value World of Wheels show this weekend, a hint of trepidation floated about.

With the fate of Race City hanging in the balance, some exhibitors arrived hoping their presence might draw attention to their cause.

"It's frustrating because a lot of people don't understand racing," said 22-year-old Stephanie Straschnitzki, who has been racing for three years.

She noticed more racing cars at the WoW show this year and said it could be attributed to the controversy surrounding the track.

Brian Minto with Calgary Oval Racing Association, who set up next to Straschnitzki, said even the show might take a hit if



Joey Viveiros, 9, takes a close-up look at the competition at the Table Top Model Car Club's 25th Anniversary World of Wheels Model Car Contest 2009, featured at the World of Wheels over the weekend.

the racing community loses its facility.

"I think the only part of this that would generally survive is the (show cars)," he said, adding that the track isn't just about racing but about community.

Show attendee Mark Rol-

ston said he doesn't think there would be a race car section should the track close, but said, "I think someone else would come in and fill the spot."

However, show manager Tom Williams said it would be a shame to see the

"beautiful" facility closed but he doesn't think the show itself would suffer.

"Racing's in everybody's blood here," he said, adding there's still enough interest in the racing community to keep the show going strong.

City finalizing greenhouse gas plan

JENNIFER HILLIKER
for Metro Calgary

ENVIRONMENT City council may soon push Calgarians to reduce their contribution to global climate change at the community level.

On Wednesday, the utilities and environment committee will discuss the implementation of a community greenhouse gas plan in order to finalize the City of Calgary's request for a \$250,000 grant under the federal green municipal fund.

"These programs are absolutely crucial for the future," Ald. Bob Hawkesworth said. "We all understand the pressing importance of climate change."

Goals of the project include creating new business opportunities based on clean technologies and significantly increasing walking, cycling and transit use.

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Italy cracks down on sexual predators

Italy's government rushed through a decree Friday toughening penalties for sex offenders after a spate of rapes blamed on immigrants sparked national outrage. **REUTERS**

Canada/World

Health-care use soaring across the board: Report

Nearly half of the whopping \$76-billion increase in national health-care spending over the past decade is due to accelerated use of the system by all Canadians, says a new report.

Contrary to popular belief, population growth and aging are not the major causes of increased health-care spending, according to Value for Money: Making Canadian Health Care Stronger, a discussion paper released today by the Health Council of Canada, a non-profit agency established in 2003 to report on the progress

"What's going on is Canadians across all age groups are using health care more."

Dr. Danielle Martin

of the Canadian health-care system.

"The fear that the aging population is what's going to cripple the health care system doesn't actually seem to be all that well-founded," said Dr. Danielle Martin, chair of the council's Value for Money committee, which authored

the report.

"The frail and the elderly don't use health care as much as we think. What's going on is Canadians across all age groups are using health care more."

Using data compiled by the Canadian Institute for Health Information, the council found increases in the use of such services as surgeries, treatments and prescriptions account for 48 per cent of the growth in spending. Population growth is responsible for a 14 per cent increase and the number of people living longer, about 11 per cent. **TORSTAR NEWS SERVICE**

Blast kills miners

An explosion in a mine belonging to China's biggest coking coal producer killed more than 70 miners in Shanxi province yesterday and scores more were rescued after being trapped underground for hours.

Xinhua news agency said 436 miners were working underground when the accident occurred at the Tunnan mine near Taiyuan, the

capital of the northern province.

Many of the survivors were quickly brought to the surface but at least 60 were trapped underground. Rescuers said some of the trapped miners managed to contact their families on their mobile phones.

Xinhua said 114 miners were in hospital and five were in a critical condition.

"The focus of our effort has shifted from searching and rescue to medical treatment," Xinhua quoted the provincial Communist Party committee chief Zhang Baoshun as saying.

The gas blast happened the day after officials held a conference about mine safety when they pledged to try to put an end to fatal mining accidents. **REUTERS**

News in brief

AFGHANISTAN Washington's new focus on development and diplomacy in Afghanistan could point the direction for Ottawa's future role in the troubled nation after Canadian troops are withdrawn in 2011, Foreign Affairs Minister Lawrence Cannon says.

TORSTAR NEWS SERVICE

STUDY Researchers from Montreal's McGill University who looked at the brains of suicide victims said yesterday their findings have helped support theories that childhood abuse can alter the genes and cause lifelong damage. **REUTERS**

Asian pop star to testify in Van on nude photo scandal

COURT Asian pop star Edison Chen, who fled Hong Kong in disgrace a year ago after nude photos of himself with other celebrities were posted on the Internet, is scheduled to appear in an unusual court hearing today in Vancouver.

After months of silence, Chen, a singer and actor who grew up in Vancouver and is one of Asia's biggest names, is to testify before a Hong Kong judge and lawyers over the next five

days. A Canadian judge and Hong Kong's chief magistrate will be co-commissioners at the hearing.

The hearing is taking place in Vancouver because Chen, 28, refused to return to Hong Kong to give evidence at the trial of computer technician Sze Ho-Chun, who is charged with distributing via the Internet pictures of the actor having sex with female celebrities. **TORSTAR NEWS SERVICE**

Kashmir Shooting sparks anger



A Kashmiri girl shouts slogans during the funeral of Mohammed Amin in Bumai, India, yesterday. Protests erupted in Indian Kashmir over the killing of two Muslim youth in a shooting incident blamed on the army, police said.

News in brief

U.S. An 11-year-old boy is facing adult charges in the shooting death of his father's pregnant girlfriend, authorities told CNN.com Saturday. Police say the boy shot Kenzie Marie Houk, who was eight months pregnant, once at point-blank range in her farmhouse in western Pennsylvania.

POLITICS U.S. President Barack Obama vowed strict oversight of his \$787 billion US stimulus plan Friday, Reuters reports.

PAKISTAN Taliban militants kidnapped the top government administrator and six of his guards in Pakistan's northwestern Swat valley yesterday, Reuters reports.

DISCOVERY A child in Bahia Inglesa, Chile, found a skeleton while building a sandcastle yesterday, Metro Chile reports. A police official said the bones could be at least 100 years old, but added the age must be confirmed by experts.

METRO NEWS SERVICES



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Comment & Views

Comment

Are you recession ready?

HineSight

Anne Hines



An advantage of working as a writer is that you're never aware that the economy *isn't* in recession. For most members of my profession, being a writer in Canada is about as lucrative as being an actor in Canada or a women's hockey player anywhere.

Still it's impossible to deny that our current economic situation may be going from bad to "Ho boy, that hurts." So for those who did not plan ahead by weaning your family off expensive luxuries such as food and housing, here's a quick questionnaire to test whether you're prepared

for what might lie ahead. **Are You Recession-Ready?**

1.) Do you see this Metro newspaper as:

- a) A convenient, cost-efficient means of accessing news and entertainment?
- b) Toilet paper.

2.) When tallying up your saleable assets do you include:

- a) Your condo, car and the sorry remains of your stock portfolio.
- b) Your vital organs.

3.) In order to balance your household budget, will your strategy be to:

- a) Offset rising grocery prices by decreasing waste?
- b) Offset rising grocery prices by decreasing the squirrel population.

4.) Izaak Walton famously said, "Health is a blessing money cannot buy." In your opinion these are the words of:

Riding the Recession

a) A wise visionary.
b) Someone who never had to live without a prescription drug plan.

5.) Which of these traits do you consider most useful in surviving a recession?

- a) Patience, restraint and hope.
- b) The ability to chew and digest tree bark.

6.) The best way to save money on your children is by encouraging them to explore the time-honoured traditions of:

- a) Simple pleasures.
- b) Running away and joining a circus.

7.) If faced with a choice between giving up your VIP cable TV package or selling your mother into slavery, would your response be:

- a) This is outrageous. I love my mother.
- b) Does the package include the fishing channel?

8.) For you, the upside of this recession is realizing that:

- a) What really matters are friends and family.
- b) You'll still have something to complain about long after winter is done.

If you answered a) to all or most of these questions, you have as much chance of beating this recession as a Timbits team up against the Calgary Flames.

But, if you answered b) to all or most of these questions, you're recession ready and good to go ... anywhere except the mall.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

After metro

ONE THING IS TRUE, IN CANADA YOU CAN LITERALLY WALK ON WATER.



MICHAEL DE ADDER

Metro Online Poll Results

26% SAID YES

Were you taken by President Obama's Canadian charm offensive?

74% SAID NO

Weigh in on today's question at metronews.ca

Views

HOV lanes offer attractive incentives

InTransit

Chris Phalen



I remember my first experience with a high occupancy vehicle lane during a road trip through Vancouver on my way to Horseshoe Bay.

Being from a small prairie setting, where the metropolis concept of traffic itself is an anomaly, I was left scratching my head as I whisked past the jam-packed motorists from the HOV lane discreetly taunting their hungry idling vehicles I'm sure.

I probably even infuriated a few motorists with my gaping smile while I zipped past, but the exuberance of unhindered travel from Metro Vancouver to the Sea-to-Sky Highway during rush hour was absolutely sacrosanct.

Yes, I just likened wide-open travel in rush hour to a spiritual experience.

The city is moving on a plan to go to council this June for a system of high occupancy lanes to bait drivers into carpooling and riding transit.

And while those choosing to ride solo might moan and groan over sitting idly peering into a wide open lane to the left, they should remember this is the point of the HOV lane, and a cost-effective measure for council to use in its quest to make Calgary more pedestrian, and cut back major road projects.

The city wants people to salivate at the sight of flowing traffic and empty

Carpooling suddenly becomes more attractive, riding a bus becomes a reward.

lanes, they want motorists to experience the inertia and potential, and in effect prompt them to conjure passengers and let their vehicles stretch their legs.

Carpooling suddenly becomes more attractive, riding a bus becomes a reward, and cars dissipate.

For every three individuals who commute by auto each day, the right to use an HOV lane takes two cars off the road.

This is a good and thoughtful initiative but the best case scenario will only be attained by a shift in transportation consciousness.

For instance, according

to 2006 transportation study completed by the City of Calgary, 140,000 vehicles pass Glenmore Trail S.W. and 14 Street S.W. daily. If we assume every car is occupied by one person and applied the HOV rule of three to each car, we could potentially eliminate 93,333 cars in that area daily. A nice incentive indeed, but can it work in Calgary where failing past infrastructure plans have gridlocked most major causeways during rush hour? It is a wait-and-see scenario, and Calgary is at a tipping point when it comes to traffic.

If HOV lanes are positioned smartly, it could aid in free and blissful passage for accountable drivers.

Chris Phalen is a past contributor to Avenue magazine. He has also contributed to the Prince Albert Daily Herald, Globe and Mail and various magazines.

Worth Mentioning

Saudi Arabia looking to take on major role in Middle East?

Saudi Arabia is the world's top oil exporter and cradle of Islam, but does not always punch its weight in the Middle East, where Islamist groups like Hamas and Hezbollah enjoy more popular appeal than any Arab government.

Any Saudi aspirations to exert decisive leadership in a fractured Arab world, or even to match the influence of non-Arab powers like Iran, Turkey and Israel, for now remain just that.

"The Saudi challenge is to develop a vision to fill the vacuum in the region, ... and to play a bigger role," said Awadh al-Badi, a scholar at the King Faisal Centre for Research and Islamic Studies.

Saudi Arabia has striven to insulate its bedrock oil-for-security relationship with America from the on-

going Arab-Israeli conflict, tensions arising from al Qaeda's 2001 attacks on U.S. cities, and challenges from the region's Iran-led radical camp.

But this has placed the kingdom in an awkward position.

Prince Turki said Iranian President Mahmoud Ahmadinejad had recognized Saudi Arabia as leader of the Arab and Muslim world when he urged it recently to lead a jihad against Israel.

"So far, the kingdom has resisted these calls," he wrote, adding that pursuing them would spawn chaos and bloodshed.

"But every day this restraint becomes harder to maintain."

REUTERS

ShareYourViews

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We believe in private banks: U.S.

The White House said it strongly believed in a privately held bank system, after rumours that the U.S. government could nationalize banks led to a plummet in U.S. bank shares. **REUTERS**

5

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Visa, MasterCard eye debit market entrance

Two major international credit card companies are poised to enter Canada's debit market, a move that could dramatically alter the structure of the payments industry in Canada and stoke fears of higher fees for business and consumers.

Both Visa and MasterCard confirm they're interested in offering debit cards in Canada, a market now dominated by the non-profit Interac association, saying their presence would allow overseas use and online purchasing for

Interac's origins

- Interac was formed in 1996 as a non-profit, made up of banks, credit unions, ATM operators, gas stations and others. Non-profit status was used to take away the incentive to restrict access for profit.

consumers, and fee flexibility for merchants.

Canada's existing debit system is "broken," said Kevin Stanton, president of MasterCard Canada, saying it's one of the few

countries in the world where a non-profit monopoly controls the market, resulting in irrational pricing that precludes true market competition.

Merchants and small business owners say the fee paid by merchants to accept debit cards will go up — perhaps 300 per cent, said the Retail Council of Canada, at a cost of billions of dollars. Owners would then be forced to pass on to consumers, adds the Canadian Federation of Small Business.

TORSTAR NEWS SERVICE

Inflation stalls for fourth month on autos, gas

ECONOMY Canadian consumer prices fell 0.3 per cent in January for the fourth month-to-month decline in a row as a sharp drop in the cost of buying and leasing cars was only partly offset by higher gasoline prices.

On an annual basis, prices lost momentum, rising 1.1 per cent last month, compared with 1.2 per cent in December, Statistics Canada said. Gas prices fell 23.5 per cent in January compared with a year earlier and the cost of buying and leasing autos dropped, while food and shelter costs increased.

The annual inflation rate has fallen from a peak of 3.5 per cent in August. The report only confirmed that inflation is not a concern. **TORSTAR NEWS SERVICE**

In brief

BANKRUPTCY There have been a combined 33 bankruptcy filings in the U.S. in 2009, up from 14 at this point last year. Most filings come from large companies and those seeking protection for a multiple time.

RUSSIA Russian's anti-monopoly agency on Friday blocked the formation of a joint venture between Walt Disney and Media-One Holdings, which had planned to broadcast content across Russia. A Disney unit had been seeking to take a 49 per cent stake in MO-TV Holdings, Media One's proposed joint venture. **REUTERS**

Banks to turn profit, for now

EARNINGS Canadian banks are expected to post weaker quarterly results when they kick off their reporting season on Feb. 25.

Yet unlike many U.S. and European lenders — ravaged by the global financial crisis, forced to beg for government aid and dogged by rumours of nationalization — Canada's banks are actually expected to turn a profit.

Analysts said the Canadian industry's conservative lending practices, which helped it avoid writedowns and losses, should ensure a profitable first quarter.

But they also predict

"We are going to see earnings in the first quarter ... but I think that there are a lot of headwinds."

Craig Fehr

profitability in the first quarter and for 2009 — but that may well deteriorate as the recession sets in.

"My expectation is that we are going to see earnings in the first quarter and for 2009 ... but I think that there are a lot of headwinds," said Craig Fehr at Edward Jones. **REUTERS**



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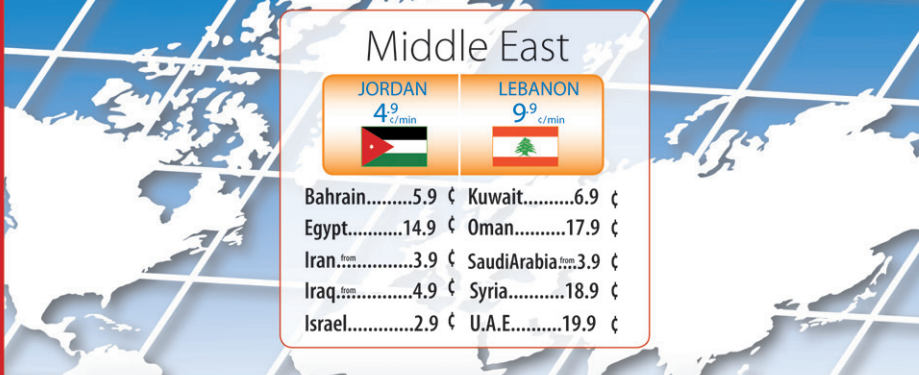
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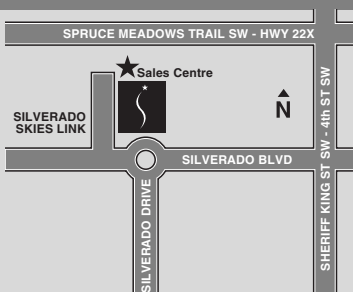
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6

A new Energy Star fridge will save enough energy to light your home for nearly four months, according to Ed Begley Jr.’s Living Like Ed: A Guide to the Eco-Friendly Life. **TORSTAR NEWS SERVICE**

Going Green

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Curb your energy, not enthusiasm

When you catch a chill, do you reach for the thermostat or a turtleneck? Energy efficiency can be as easy as donning a sweater or changing to a compact fluorescent light bulb. Simple changes can make a difference in your demand for power.

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Tips

- More tips and information are available online at www.energyefficiency.org and www.futurefriendlybrands.ca.

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of Canada’s leading home care brands such as Tide, Bounty, Cascade, Charmin, Downy and Duracell.

“It’s about consumer behaviour,” says Ken Elsey of the Canadian Energy Efficiency Alliance. “You can buy an Energy Star-approved furnace, but you should also turn down the thermostat and caulk cracks to stop heat loss.”

The following energy conservation tips will keep you enthusiastic about energy efficiency:

1. Hold the hot water

Heating water is one of the home’s biggest energy costs. Shorter showers and low-flow shower heads can reduce its use. So can washing laundry in cold water.

2. Get smart about energy use

Your appliances can likely be more efficient. Two easy changes include switching to a high-efficiency washer, and using the energy-saving cycle on your dishwasher. And wait until the dishwasher is full before running it.

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Lacrosse: Roughnecks lose to Blazers

Dan Dawson scored with 35.6 seconds left in the game to give the Boston Blazers an 11-10 win over the Calgary Roughnecks yesterday. **METRO NEWS SERVICES**

Sports



"It's just one of those nights where you give (Sundin) a chance like that, you know he's going to be able to score."

Former Leaf and current Canuck Kyle Wellwood on teammate Mats Sundin's game-winning shootout goal Saturday night over the Maple Leafs in his return to Toronto. **METRO NEWS SERVICES**

EDITOR: JOHN.CHICK@METRONEWS.CA

Amputee runner hurt in accident

TRACK South Africa's double amputee sprinter Oscar Pistorius is expected to make a full recovery after undergoing surgery for facial injuries sustained in a boating accident, his manager Peet van Zyl told Reuters. Pistorius, 22, was flung from the speedboat he was steering on the Vaal River south of Johannesburg on Saturday night, local media reports said. Pistorius, who had both legs removed between the knee and ankle as a baby, is nicknamed Blade Runner because of the prosthetic legs that enable him to sprint. He began competing against able-bodied athletes in 2007, but the governing IAAF banned him after ruling that his artificial limbs gave him an unfair advantage.

REUTERS

Wild surprise Chicago

NHL RESULT

Wild 2, Blackhawks 1

Josh Harding turned in a superlative effort between the pipes, making a career-high 44 saves, and Peter Olvecky's first career goal was the game-winner, as Minnesota escaped with a 2-1 win over Chicago at the United Center.

Dan Fritsche added a power-play goal for the Wild, who have won two games in a row after losing three straight. Harding's 2-7-1 record is not indicative of his play this season. The Saskatchewan native came into action on Sunday with a tremendous 2.25 goals-against average and .927 save percentage.

METRO NEWS SERVICES



James Wisniewski of the Blackhawks knocks the puck away from Stephane Veilleux of the Minnesota Wild and Chicago goaltender Cristobal Huet yesterday.

Sports in brief

SKIING Lindsey Vonn became the most successful American skier in the women's World Cup yesterday when victory in a super-G gave her a 19th race win. She overtook Tamara McKinney's previous record of 18 wins, when, after starting cautiously, she finished at full speed to claim victory in one minute 21.72 seconds in the Italian resort of Tarvisio. Kelly Vanderbeek of Kitchener, Ont., was the top Canadian, finish-

ing seventh. Emily Brydon of Fernie, B.C., was 12th. **REUTERS**

SNOWBOARDING Jasey-Jay Anderson of Mont-Tremblant, Que., finished fifth in the parallel giant slalom at a snowboard World Cup event yesterday. Benjamin Karl won the gold to lead an Austrian sweep of the podium, defeating teammate Siegfried Grabner in the final. Andreas Prommegger won the bronze. **METRO NEWS SERVICES**

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Don't miss Matters of the Heart, Metro's exclusive feature series in the Workology section. There are jobs to be had that focus on falling in love, falling out of love and everything in between; we will be digging up the stories for you, so check for Workology and Metronews.ca/work often.

Workology

'Rant Like Rick' returns

Memorial University's "Rant Like Rick" student recruitment campaign is back for its third year. The contest asks Grade 11 and 12 students to film their own rant in the style of comedian Rick Mercer. This year's grand prize is worth \$10,000 and includes free tuition and books for a year. Two runners-up will each receive tuition credit worth \$2,550. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Got money on your mind?

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Diane Peters



One of Amanda Mills' clients was a successful businesswoman who claimed the only thing missing in her life was a man. And better finances. After a chat with Mills, however, the woman realized her money was a mess because subconsciously she actually wanted to keep men at a distance.

It's the kind of "Aha!" moment that fills many of Mills' sessions. As one of the few financial therapists in the world, she's able to get clients talking about money and its emotional underpinnings.



As a financial therapist, Amanda Mills tries to pinpoint the emotional underpinnings her patients have with their money.

Often what they discover leads them to more in-depth psychotherapy — Mills has colleagues that she refers out to. As well, Mills has suggested clients take martial arts classes to help them feel more secure, instead of putting that pressure on money.

Mills did not start out in the financial industry. Originally from Toronto, she did a BA in English at Carleton University in Ottawa, and then moved to Montreal.

There, she took a basic accounting course, liked it, and then got a job as a bookkeeper.

She moved back to Toronto and began managing Theatre Passe Muraille, which was two full years of income in debt at the time. She did that challenging job for nearly three years. "I got dismayed that so much time and energy went into cash flow. It was taking time away from the art."

She started up a small ac-

Riding the Recession

counting firm called Artbooks that aimed to help arts organizations with their finances so they could get past the money and focus on creation.

For 15 years, that company kept her busy. But she started to notice that one client would have \$500 in the bank and be stressed, while another with the same amount felt elated. She always kept a box of Kleenex in her office, and it got used a lot.

"That's when I began to see that money isn't about the economy, it's about the feeling," she says.

She'd already taken numerous courses and workshops on various therapy techniques, and helped co-write a book on childhood trauma. So she combined these skills with her financial know-how and launched her financial therapy business Loose Change.

Now, for half the year, she sees clients through Artbooks, specifically to do their taxes. And once taxes are done, she talks with Loose Changes clients about the stress and strain money puts on their lives. (She also runs weekend workshops to talk money, confidence and myths.)

It usually takes about three sessions to find out what's keeping people from coping with their financial issues. "It's a place where people can think clearly about money with no judgment," she says.

And the Kleenex box: It still gets well used.

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Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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The Pitt-Jolie connection

Taraji P. Henson enjoyed working with Brad Pitt on the Curious Case of Benjamin Button so much, she plans to team up with his partner Angelina Jolie for a film as soon as they can free up some time in their busy schedules. FEMALEFIRST.CO.UK

9

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Star power

George Clooney has been granted a meeting with U.S. President Barack Obama to discuss the crisis in the Darfur region of Sudan. Clooney, a UN messenger of peace, will ask Obama to help end conflict. FEMALEFIRST.CO.UK



Slumdog sweeps Oscars

Rags-to-riches romance picks up eight awards

Rags-to-riches romance Slumdog Millionaire scooped up eight Oscars on Sunday, the most of any movie this year, including best motion picture.

Among the Slumdog honours, Briton Danny Boyle was named best director for the often dark but ultimately hopeful tale about a poor Indian boy who competes for love and money on a TV game show, and writer Simon Beaufoy won adapted screenplay.

"You've been so generous to us this evening, and I want to thank you for that," Boyle said to the Academy Award audience when accepting his Academy Award.

Boyle also thanked his family, the film's makers, and the entire city of Mumbai, where Slumdog was shot.

Kate Winslet was named best actress for her dramatic turn as a former Nazi prison guard who involves herself in a love affair with a teenage boy in The Reader. She fought back tears when accepting her trophy and remembered a time as an 8-year-old when she dreamed of winning one of the world's top film award.

Sean Penn earned his second Oscar for best actor, portraying slain gay rights activist Harvey Milk in Milk.

Early honours went to Penelope Cruz who became the first Spanish actress to win an Academy Award for her supporting role in Vicky Cristina Barcelona. Heath Ledger was posthumously named best supporting actor for his villainous role as The Joker in Batman movie The Dark Knight.

But Slumdog was the big winner, also earning Oscars for best cinematography, sound mixing, film editing, original score for composer A.R. Rahman and best song, Jai Ho for Rahman and lyricist Gulzar.

In the night's one big surprise, Japanese movie Departures beat the fa-



Philippe Petit, right, celebrates after his film Man on Wire won the Oscar for best documentary feature at 81st annual Academy Awards at the Kodak Theatre in Los Angeles last night.

vorite, Israeli film Waltz With Bashir for foreign language film.

Holding back tears when her award was announced, Cruz thanked Woody Allen, director of Vicky Cristina Barcelona, and Spanish director Pedro Almodovar, who was instrumental in putting her on a track to stardom. She dedicated the Oscar to her family and "everyone who has helped me from the beginning."

The 81st Annual Academy Awards

The award for Ledger, who died last year of an accidental prescription drug overdose, brought the crowd to its feet. He became only the second actor after Peter Finch to win posthumously.

The Oscar was accepted by his father, Kim Ledger, sister Kate and mother Sal-

ly Bell. "This award tonight would have humbly validated his quiet determination to be truly accepted by you all here, his peers, in an industry he truly loved," Kim Ledger said.

In other awards, Dustin Lance Black won the best original screenplay Oscar for writing Milk, about slain gay activist Harvey Milk, and Wall-E, telling of a futuristic robot who finds love while on a polluted Earth, was best animated film.

The Curious Case of Benjamin Button walked off with two statuettes for best art direction and makeup, and The Duchess won for best costume design.

Man on Wire about a tightrope walker who dared to walk between New York's Twin Towers was named best documentary.

As the ceremony began, host Hugh Jackman put the show in full musical mode with an opening routine that drew a standing ovation from the star-studded crowd that included nominees Brad



Penelope Cruz, top, picked up the award for best supporting actress last night while Danny Boyle received the best director award for Slumdog Millionaire.

Pitt, Angelina Jolie, Mickey Rourke and Anne Hathaway.

The number covered all five of the best film nominees and had Jackman dancing hip hop, hitting high notes in a duet with Hathaway for Frost/Nixon and climbing to the top rope of a fake wrestling ring to crescendo his song with The Wrestler.

REUTERS

Winners' list

- Motion Picture: Slumdog Millionaire.
- Actor: Sean Penn, Milk.
- Actress: Kate Winslet, The Reader.
- Supporting Actor: Heath Ledger, The Dark Knight.
- Supporting Actress: Penelope Cruz, Vicky Cristina Barcelona.
- Director: Danny Boyle, Slumdog Millionaire.
- Foreign Film: Departures, Japan.
- Adapted Screenplay: Simon Beaufoy, Slumdog Millionaire.
- Original Screenplay: Dustin

- Lance Black, "Milk."
- Animated Feature Film: Wall-E.
- Cinematography: Slumdog Millionaire.
- Costume: The Duchess.
- Makeup: The Curious Case of Benjamin Button.
- Animated Short Film: La Maison en Petits Cubes.
- Live Action Short Film: Spielzeugland (Toyland).
- Academy Award winners previously announced this season: Jean Hersholt Humanitarian Award (Oscar statuette): Jerry Lewis

Academy Awards

Chris Alexander



For a no-holds-barred account of how it all went down, read his blog at metronews.ca

Oscar fashion: Hits and misses



BEST Virginia Madsen, left. Lady in red plus blond bombshell equals fabulous. Madsen was the perfect picture in red satin and strapless.



HIT Evan Rachel Wood, right. If Oscar could talk he would be asking for your number. Wood brings soft, sexy and sophisticated to the festivities in a beige chiffon looker. Work it, girlfriend.



HIT Anne Hathaway, left. Finally, someone that knows what glitz and glam are all about. Hathaway makes the stars shine and the red carpet sparkle.



WORST Beyoncé Knowles, right. Beyoncé mixes black with gold flower print. After you finish with the dress my upholsterer needs it to finish some couches.



MISS Mickey Rourke, right. Rourke may have played a wrestler in *The Wrestler* but he certainly couldn't body slam a good suit.



MISS Viola Davis, right. Gold has just been devalued by 50 per cent. Davis shows why gold satin died in the '70s.



RedHotCarpet
Enza Anderson
enza.supermodel.anderson@gmail.com

Which stars wowed audiences with their gorgeous gowns? Which celebrities made the biggest fashion faux pas? Metro columnist Enza Anderson lays out the good, the bad and the ugly of red carpet couture at the 81st annual Academy Awards last night.

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/23/09	267	351	- ACCESS	Truth, Duty, Valour	Medium (HDTV) (N)		Gossip Girl (HDTV)		Ghost Whisperer		Truth, Duty
	243	317	3 CFCN	etalk	Hollywood	CSI: Miami (HDTV)	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas (N)	News (N)
	-	-	4 OMNI	Two/Half Men	The Simpsons	News	News		The Simpsons	King	Metropia
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	The Bachelor "The Women Tell All" (N)			True Beauty
	245	306	6 CBRT	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie (N)	Just for Laughs (N)	CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Heroes "Cold Wars" (N)	House "The Softer Side"		24 (HDTV PA) (N)		News Hour
	246	-	8 CKAL	Law & Order: SVU		True Beauty "Finale" (N)	The Bachelor "The Women Tell All" (N)	Your City			Your City
	119	705	9 CBXFT	Virginie (SC)	Les Parent	L'Auberge du chien noir (SC)	Les Boys (SC)	Tout sur moi	Le Téléjournal et Les Nou		TJ Alberta
	-	-	10 SHAW	(6) Local Programming					Local Programming		
	-	372	12 KREM	News (N)	Hollywood	The Doctors	Big Bang Th	How I Met	Two/Half Men	Old Christine	CSI: Miami
primetime	-	374	14 KSPS	NewsHour With Jim Lehrer		'Allo, 'Allo!	Steves Europe	Antiques Roadshow (N)	American Experience (N)		History Detctvs
	502	390	15 CBC	CBC News: The National		18 Pregnant Schoolgirls	CBC News: The National		CBC News: The National		Pregnant Girls
	-	370	16 KHQ	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Chuck (HDTV) (N)	Heroes "Cold Wars" (N)		Medium
	-	373	22 KAYU	The Simpsons	Raymond	Two-Half Men	House "The Softer Side"	24 (HDTV PA) (N)			News (N)
	297	652	37 WPIX	One Tree Hill (HDTV)		PIX News at Ten Tong.	Two/Half Men	Friends	Sex and-City	According-Jim	Foreclosed
	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)			Larry King Live		Cooper 360
	508	502	31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight	Lou Dobbs Tonight		Nancy Grace
	400	400	21 TSN	Poker	Curling 2009 Scotties Tournament of Hearts -- Draw 8.	(HDTV) From Victoria, B.C. (Live)				SportsCentre	Billiards
	408	418	27 net	World Cup Skiing FIS Alpine.		Best Damn Sports Show	Hockey Central	Flames Week	Sportsnet Connected		Prime Time
	410	403	30 SCORE	(7:15) WWE Monday Night Raw			(9:15) Score Tonight		WWE Monday Night Raw		
news	411	457	44 OLN	Mantracker		Bounty Hunter	Bounty Hunter	Survivorman	Mantracker		Bounty Hunter
	417	406	48 SPEED	SuperCars	SuperCars	Barrett-Jackson	Car Crazy	Pass Time	This Week in NASCAR		SuperCars
	552	543	20 YTV	Drake & Josh	iCarly	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Zixx Level
	557	541	39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek
	555	545	67 TOON	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch
	575	583	11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly	Coyote Ugly	Home Improve.	Home Improve.
	553	546	17 TREE	Little Bear	Bucket-Dinos	Comfy Couch	Big & Small (N)	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	The Insider (N)	E! News	Snoop Father	Snoop Father	The Soup (N)	How I Met	The Soup	Worst Week
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two			
	602	568	23 W	Style by Jury	Style by Jury	Will & Grace	Friends	Clean	Kim	Love It or List It	Dollars
sports	521	560	24 TLC	Jon & Kate	Jon & Kate	Toddlers & Tiaras		Little People	Jon & Kate	Jon & Kate	Toddler-Tiara
	603	561	25 FOOD	Food Detective	Road Tasted	Hell's Kitchen		Chef School	Chef School	Challenge	Food Detective
	615	520	26 A&E	Intervention (HDTV) (N)		Paranormal	Paranormal	Paranormal	Paranormal	Intervention "Nicole"	Intervention
	617	522	32 SHOW	Wife Swap		The Outer Limits		Kink in Hair	Kenny-Spenny	Rent-A-Goalie	Name Is Earl
	601	562	33 SLICE	Tabatha's Salon Takeover		Project Runway Canada		ET Canada	Matchmaker	Project Runway Canada	Trading Sp
	-	633	34 ENC2	Rescue Me	(7:25) Louis 19 ** (1994, Comedy)			Look Who's Talking ** (1989, Comedy)		Look Who's Talking Too (1990)	
	520	505	35 DISC	Dirty Jobs (N)		Guinea Pig	Guinea Pigs	Daily Planet	Dirty Jobs		Guinea Pig
	620	523	36 BRAVO	Ex Machina in Russia (N)		The Tunguska Project		Law & Order "Patriot"	Without a Trace		Broadway
	294	650	40 WPCH	The Single: Monica		Platinum House Dru Hill.		Family Guy	Family Guy	Seinfeld	Above the Rim (1994)
	626	547	41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park
family	-	539	42 TCM	The Devil and Daniel Webster		Boom Town *** (1940, Adventure)	Clark Gable.		(10:15) Sounder (1972, Drama)		
	628	584	43 SPIKE	Lucky Number Slevin ** (2006, Crime Drama)	Josh Hartnett, Ben Kingsley.			MANswers	CSI: NY "Jamalot"		Disorderly
	522	516	45 HIST	Battlefield Mysteries		NCIS		Battle 360	Battlefield Mysteries		NCIS
	627	528	46 SPACE	Star Trek: Voyager		Sarah Connor Chronicles		Stargate SG-1	Star Trek: Next Gener.		Trek: Voyager
	-	-	47 AMC	(6) Dirty Harry (1971)		(8:15) Dirty Harry *** (1971, Crime Drama)	Clint Eastwood.			Death Wish II * (1982)	
	619	525	49 TROP	What Happen?	What Happen?	TV Made, Do It	News Show	Tube Tales	E News	Make or Break	TV Made, Do It
	600	564	50 HGTV	Property Virgin	House Hunters	Ambrose Price	Petal Pushers	Holmes on Homes		Property Virgin	Income Prop.
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	House Hunters
	504	508	70 BNN	Squeeze Play		Market Call		Headline	Market Call	Berman's Call	Money Talks
	526	507	92 VIVA	Commander In Chief		Dollars	Body-Evidence	Mediums	In Dreams	Judging Amy	Commander
cable variety	269	350	93 APTN	MYTV	The Mix	Miywayawin	Dancing-Spirit	Nedaa: Your Eye on the Yukon	Suaangan	Sharing Circle	Cowboy C'try
	-	-	94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	It Will Be Difficult to Love	Marimar		Pinoy-Entertain
	571	581	100 MMM	Don't Forget the Lyrics!		Don't Forget the Lyrics!		Where You At	Back In...Love	Party of Five	Don't Forget
	570	580	101 MM	MuchTopTens (N)		MuchNews	Video on Trial	MuchVibe		So You Think You Can Dance	
	581	566	102 MTV	The Girls of Hedsor Hall		The City	City Live After	MTV Live	MTV News	Making the Band 4	The City

critics'corner

Little Mosque on the Prairie
If your husband can't go to a marriage workshop with you, reschedule it for when he can. In "Recipe for Disaster," Amaar schedules a workshop to help couples strengthen their marriages, but Yasir is too busy to attend. So Sarah asks the Rev. Magee to fill in for him, and the two get along famously — to Yasir's dismay. 8 PM on CBRT



Heroes
Matt holds H.R.G. hostage and forces him to reveal how he got involved with Nathan's government plot to capture people with abilities. Yeah, well, it's complicated. Then Matt's findings bring Peter face to face with the Hunter (guest star Zeljko Ivanek) in the new episode "Cold Wars." 8 PM on CICT; 10 PM on KHQ

Sophie
Liar, liar, overalls on fire! Sophie agrees to accompany Rick on a trip to the country to visit his aunt. But once there, she discovers Rick has been telling the home folks a pack of lies — which she now has to play along with. A shopping trip with Robbie leads Judith (Mimi Kuzyk) into a new vice in the new episode "Stolen Kisses." 8:30 PM on CBRT

Box office

The top five films at the North American box office for the three-day weekend beginning Feb. 20, led by Madea Goes to Jail (shown), according to studio estimates compiled yesterday:

- 1 Madea Goes to Jail:** \$41.1 million US
- 2 Taken:** \$11.4 million
- 3 Coraline:** \$11 million
- 4 He's Just Not That Into You:** \$8.5 million
- 5 Slumdog Millionaire:** \$8.1 million

REUTERS

GlobalStyle

Kenya Hunt

Kenya wraps up New York Fashion Week at metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

Aiken parts ways with RCA

The rumors started when his likeness was removed from his record's website and now Clay Aiken is setting the record straight: The former American Idol has parted ways with RCA Records, Aiken's rep has confirmed. **PEOPLE.COM**

**Celebrity Buzz**

Rihanna speaks out after alleged assault

PEOPLE Rihanna spoke out for the first time since allegedly being assaulted by Chris Brown, issuing a statement of thanks to her fans, people.com reports.

"At the request of the authorities, Rihanna is not commenting about the incident involving Chris Brown," says the statement from her rep on Friday. "She wants to assure her fans that she remains strong, is doing well, and deeply appreciates the outpouring of support she has received during this difficult time."

The statement came on her 21st birthday and a day after she was spotted in Los Angeles after spending nearly two weeks in seclusion.

The singer was photographed Thursday heading to an airport the same night a graphic photo reportedly showing her battered face surfaced on the Internet, upsetting her father, who criticized police for their "sloppy work."

Prior to the statement, neither Rihanna nor her representatives had commented since the arrest of Brown, 19, on Feb. 8.

On Friday, friends in Rihanna's native Barbados marked her birthday by taking out an ad in the local paper wishing her a happy 21st "amidst all the negativity about Ri Ri. God will continue to bless her."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Bon Jovi fears losing his hair

IMAGE Jon Bon Jovi is not a fan of what's been happening to his hairline. The rocker, who sported an impressive mane back in the '80s, has been looking for ways to slow or stop the recession. "Oh, let me tell you, I am so worried," he says, according to Exposay.

"I look at guys like Sting and think, 'Well, he's cool about losing his hair.' But I'm already losing a bit and I'm so aware of it." Bon Jovi says he even massages his scalp every day to encourage the hair to grow back.

METRO NEWS SERVICES



Miley defends 'close' relationship with dad

FAMILY Miley Cyrus has defended the loving relationship she enjoys with her father Billy Ray Cyrus — insisting their closeness is completely normal, femalefirst.co.uk reports.

The Hannah Montana star is frequently at her musician father's side in public — even inviting him to star on the hit Disney show as her on-screen dad.

She also posed with Billy Ray for a series of snaps in Van-

ity Fair magazine last year, which showed Miley reclining against her dad as he puts his arm around her shoulder.

The shots were slammed by critics because of the pair's father-daughter relationship, but in her new memoir, Miles To Go, the teenager hits back.

She writes, "The media has said some stuff about my dad and me being too close and too cuddly for a father and a daughter. For me and my dad it's not weird at all."

METRO NEWS SERVICES



Rourke's tribute to Roberts

PEOPLE Mickey Rourke paid a bizarre tribute to actor pal Eric Roberts at the Independent Spirit Awards — urging filmmakers to give him a chance and cast him in movies, femalefirst.co.uk reports.

After taking to the stage to collect the best male prize for his role in the Wrestler, Rourke addressed Roberts in the crowd.

Referring to his own dramatic comeback, he begged directors to give Roberts — his co-star in 1984 movie The Pope of Greenwich Village and

2002's Spun — a similar second shot at fame.

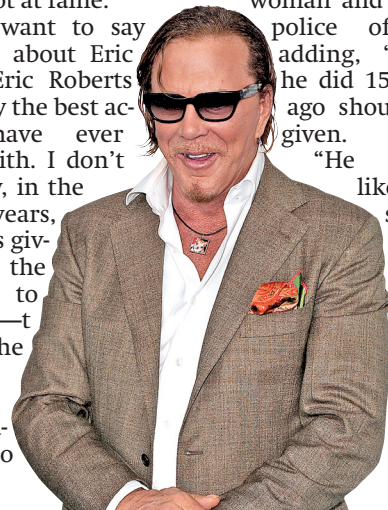
"I just want to say one thing about Eric Roberts. Eric Roberts is probably the best actor I have ever worked with. I don't know why, in the last 15 years, no one has given him the chance to show his s—t again," he said.

Rourke then alluded to Roberts'

1987 arrest for harassing a woman and striking a police officer, by adding, "Whatever he did 15, 20 years ago should be forgiven."

"He deserves, like I got, a second chance."

METRO NEWS SERVICES



High hopes for twin sons

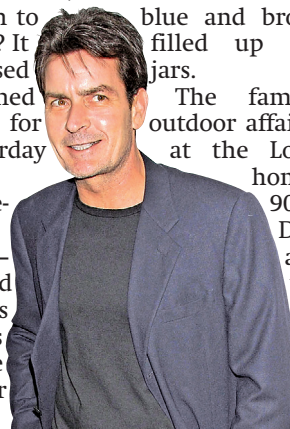
FAMILY Is Charlie Sheen hoping for a couple of slug-gers when his wife, Brooke, gives birth to twin boys in April? It would seem so based on the sports-themed baby shower held for the couple on Saturday afternoon, people.com reports.

At the party — which was attended by a variety of stars including Paris Hilton, Eric Dane and baseball star

Barry Bonds — kids decorated cupcakes with baseballs and basketballs, and blue and brown candy filled up apothecary jars.

The family-friendly outdoor affair was held at the Los Angeles home of Dr. 90210 star Dr. Nassif and his wife Adrienne Maloof-Nassif.

METRO NEWS SERVICES



Woman caller claims to be Brit

MYSTERY A woman claiming to be Britney Spears has been calling an L.A. law firm late at night asking for representation in a bid to break free from her father's control — and some believe it's actually Spears.

E! News reports that they have heard the messages saying Britney is

seeking a way to end Jamie Spears' control over her finances.

In the first message, left at 1:34 a.m. on Jan. 19, the woman says, in a hushed tone, "Hi, this is Britney Spears. I want Jon Eardley ... to represent me as co-appointed attorneys for my best interest and best wishes. Good-bye."

METRO NEWS SERVICES



Baby No. 2 for Richie and Madden

BABY With a one-year old and a new baby on the way, Nicole Richie and Joel Madden are going to have their hands full.

In a blog posting on his band's website, the Good Charlotte frontman writes: "What's better than winning an Oscar? I am so happy to tell everyone that Harlow is going to be a big sister! God has truly blessed my family. Hope your (sic) all feeling as good as i am right now."

The happily unmarried couple welcomed daughter Harlow on Jan. 11, 2008.

Richie, 27, and Madden, 29, have been together since December 2006.

METRO NEWS SERVICES



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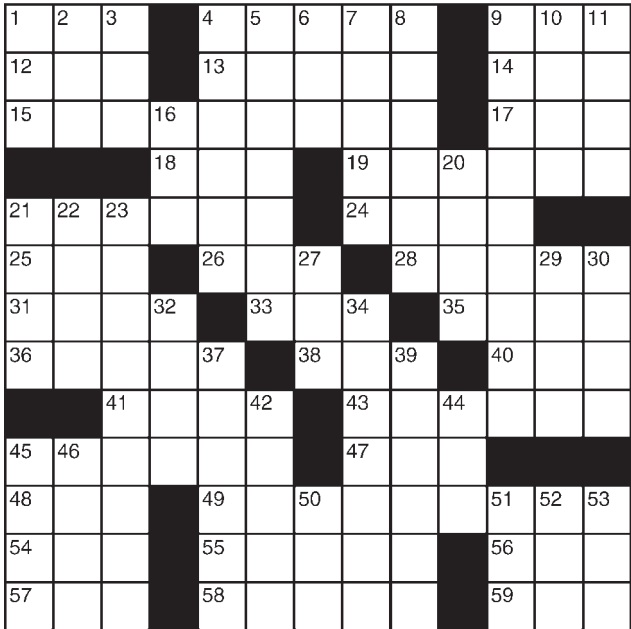
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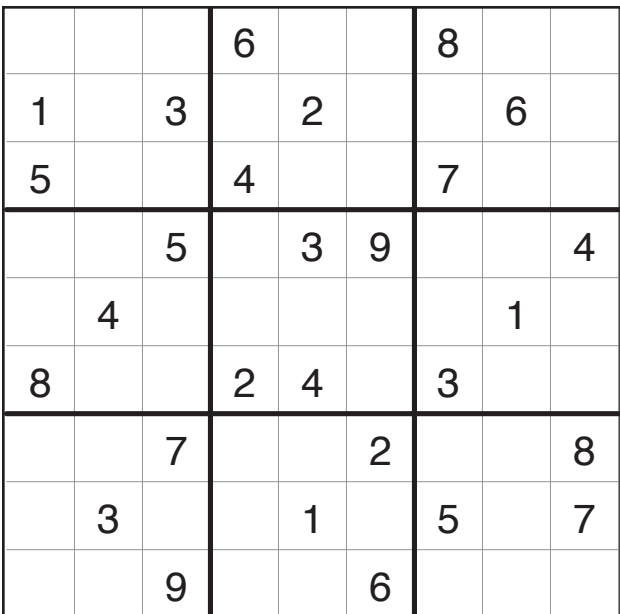


Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



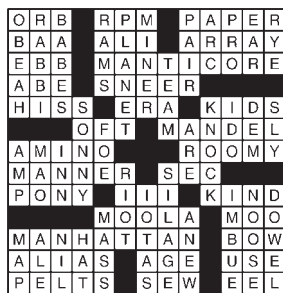
Crossword across

- 1 “The loneliest number”
- 4 “Danny Boy” musicmakers
- 9 Definite article
- 12 Supporting
- 13 Lifeless, old-style
- 14 Tier
- 15 Happen
- 17 Gorilla
- 18 Can. neighbor
- 19 First game of the season
- 21 Denim, e.g.
- 24 Fishing equipment
- 25 Bobby of hockey
- 26 Fresh
- 28 Fleet-related
- 31 Harvest
- 33 Legislation
- 35 Long skirt
- 36 Forbidden acts
- 38 Speck
- 40 Every last bit
- 41 Totals
- 43 Multicoloured
- 45 Stratagem
- 47 Jackie’s second mate
- 48 Blackjack component
- 49 Change from one language to another
- 54 Coffee vessel
- 55 Greeting
- 56 Meadow
- 57 Danson or Kennedy
- 58 Convinces
- 59 Vanna’s cohort

Crossword down

- 1 Frequently
- 2 Neither partner
- 3 Historic time
- 4 Relay
- 5 Put on a jury
- 6 Hawaiian side dish
- 7 Mistake
- 8 Squelch, in a way
- 9 Pretoria’s region
- 10 Optimist’s feeling
- 11 Basin accessory
- 16 Pecan or almond
- 20 Dutch cheese
- 21 Old, stale jokes
- 22 Sandwich cookie
- 23 Exceed
- 27 Bankroll
- 29 Wheel holder
- 30 Easter flower
- 32 Sulk
- 34 Feminine
- 37 Metal workers
- 39 Human trunks
- 42 Threaded nail
- 44 Up to
- 45 Tense
- 46 Farm fraction
- 50 Carte lead-in
- 51 Matterhorn, for one
- 52 Afternoon social
- 53 Have a bite

PREVIOUS DAY’S CROSSWORD AND SUDOKU ANSWERS:



3	8	7	4	5	9	1	2	6
2	6	4	7	1	3	5	9	8
1	9	5	8	6	2	3	4	7
5	3	8	1	9	6	2	7	4
4	1	2	5	7	8	9	6	3
9	7	6	3	2	4	8	5	1
8	2	9	6	3	7	4	1	5
7	4	1	2	8	5	6	3	9
6	5	3	9	4	1	7	8	2

Find today’s answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	Genius	
13-17 min	Scholar	
	21-25 min	Not bad
	25+ min	Keep practising

Metro Recipe of the Day



Tarragon Chicken with Creamy Vegetables

INGREDIENTS:

1-1/2 lb (750 g) new potatoes, scrubbed
4 large carrots, peeled
4 skinless, boneless chicken breasts (about 5 oz/150 g each)
1 tsp (5 ml) olive oil
1 tbsp (15 ml) lemon juice
1/4 cup (50 ml) chopped fresh tarragon or 2 tsp (10 ml) dried tarragon
3/4 cup (175 ml) light sour cream
2/3 cup (150 ml) diluted salt-reduced chicken stock
1 garlic clove, crushed
4 scallions, finely chopped

METHOD:

1. Put potatoes in a pot of lightly salted boiling water. Bring back to boil, then reduce heat and simmer 7 minutes. Add carrots and simmer 5 minutes. Drain and leave until cool enough to handle.
2. Meanwhile, place chicken breasts in shallow dish. Mix oil, lemon juice and 1 tbsp (15 ml) chopped fresh tarragon (or 1 tsp/5 ml dried) with a little salt and pepper. Drizzle over chicken and turn to coat. Cover

and set aside to marinate in refrigerator. Preheat oven to 375 F (190 C).
3. Peel and thinly slice potatoes. Thinly slice carrots. Whisk sour cream into stock, then stir in garlic, scallions and half of remaining fresh tarragon or remaining 1 tsp (5 ml) of dried tarragon.
4. Roughly layer potatoes and carrots alternately in lightly greased, shallow ovenproof dish, spooning a little sour cream mixture over each layer. Finish with potato slices covered in remaining sour cream mixture. Cover dish with foil. Bake 35–40 minutes.
5. Arrange chicken on top of potatoes and re-cover with foil. Bake for 25–30 minutes until chicken is cooked through (the juices will run clear when chicken is pierced with a skewer). Scatter over the remaining tarragon.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes

ARIES
MARCH 21-APRIL 20
Avoid bearing the brunt of sarcasm. Someone hammers away at a brilliant person's flaws. Get an update on a jittery situation from scowling people.

LIBRA
SEPT 23-OCT 23
Don't send mixed messages. Someone's bizarre choice of amusements will be confusing. A storage area is the setting for a complicated incident.

TAURUS
APRIL 21-MAY 21
A belligerent call changes your life. Be aware of your motivations when over-eating. Your stubbornness causes the critical washout of a good plan.

SCORPIO
OCT 24-NOV 22
Help someone to make a satisfying deal. An inattentive dimwit won't understand an insult. Avoid any unreasonable people who try to alarm you.

GEMINI
MAY 22-JUNE 21
Take cover when a woman makes insinuations. An annoying friend helps you fulfill your ambitions. Ask a care-giver to devise a temporary solution.

SAGITTARIUS
NOV 23-DEC 21
All is not what it seems. There's an unexpected arrival when somebody takes a walk. Don't worry; good luck is flowing in your direction.

CANCER
JUNE 22-JULY 22
A ringleader commits a foolish act. It's a good time to put a collection in a safe place. Strange adventures will transform your life.

CAPRICORN
DEC 22-JAN 20
An unhappy friend has issues with a nice-looking guy. Explaining weariness can be more fun than expected. A freeloader has boundary issues.

LEO
JULY 23-AUG 23
Your moodiness melts away if you ask for a massage. A friend calls to complain about unfairness. A self-conscious buddy might make a tragic mistake.

AQUARIUS
JAN 21-FEB 18
Resist over-indulging to soothe sad feelings. Don't search for a way to win in a crisis. Keep the secrets of your love life to yourself.

VIRGO
AUG 24-SEPT 22
Unpredictable energy could lead to an exotic fling. Paranoid rumours leave people exhausted. A friend's mental haze will be hard to break through.

PISCES
FEB 19-MARCH 20
A coveted prize unexpectedly comes your way. A marriage ends in confusion. A cunning person will cause someone to fall out of favour.

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